



ACHING TO PLAY

Dr Andrew Boswell of True Chiropractic provides some insights into golf injuries and what you can do about them.

What are the most common golf injuries?

The most common injuries for golfers involve the middle or lower back.

The modern golf swing involves a tremendous amount of rotation, and constant overuse and improper biomechanics can cause a large amount of stress to the muscles, bones, and ligaments surrounding the spine.

A chiropractor is often the best professional to treat this type of middle or lower back stress.

What are the most likely causes of golfing injuries?

The biggest factors appear to be: using inappropriate equipment, taking too many full swings in a short amount of time, or having a previous injury. Most golf injuries are a result of overuse, either from hitting too many balls on the driving range or playing too much.

How can a golfer reduce injury?

The best advice is to warm up properly, rather than having stretched. Research indicates that a stretched muscle may be unsupportive and more prone to injury, while a warmed-up muscle is active and prepared for exercise.

From a technique standpoint, taking a shorter backswing and turning more from your hips has been shown to decrease spinal stress dramatically while still maintaining the same amount of club-head speed through the ball strike. It's also wise to get your spine and nerve system checked regularly by a doctor or chiropractic.

They will be able to evaluate your spinal biomechanics and ensure that you have optimal spinal strength and flexibility to help you stay injury free.

Dr Andrew Boswell practises at the True Chiropractic Group's Bukit Timah location at 1 Fifth Avenue, #04-07 Guthrie House, Singapore 268802, www.chiropracticgroup.com.sg.

CIMB CONTINUES PGA TOUR SUPPORT

Since its launch in 2010, the CIMB Classic has the distinction of being the only official PGA TOUR FedExCup event in Southeast Asia.

This will be set to continue with title sponsors CIMB announcing an extension to its sponsorship through 2020. With total prize money of US\$7 million, the event is the richest in the region. It had also attracted some of the world's best players including Tiger Woods, Henrik Stenson, Adam Scott, Ernie Els, Sergio Garcia and Ryo Ishikawa.

"This announcement is a clear demonstration of the Group's appreciation to PGA TOUR and our firm commitment to further develop CIMB Classic into a top golf event not only in Malaysia but also in Asean," said Tengku Dato' Sri Zafrul Aziz, group chief executive, CIMB Group, at a press conference.

The upcoming tournament will be held from Oct 20 to 23 at the Kuala Lumpur Golf & Country Club.

photos by Audi Quattro, Hugo Boss, Philip Stein

VAMONOS, BARCELONA!

QUEK AND CHANG WILL FLY THE NATION'S FLAG AT THE AUDI QUATTRO WORLD FINALS IN SPAIN

In the world of corporate golf, the Audi quattro Cup is unique in that it takes more than just one golfer's skill to win. The tournament, celebrating its 25th anniversary this year, is in a modified foursomes format where both players in two-person teams tee off, choose the best drive, then play alternate shot until the ball is holed. It goes without saying that strategy is as important as skill.

Eddy Quek and Sherman Chang proved that they had both elements in spades when they emerged winners at the Audi

quattro Cup 2016 Singapore at Tanah Merah Country Club on Aug 12. They will join the winners of all 55 other national Audi quattro Cup qualifications to compete at Real Club de Golf El Prat in the World Final 2016, from Oct 6 to 10.

"Winning Audi quattro Cup 2016 has changed my perspective in how I intend to play golf in the future. I am excited to be able to represent Singapore later this year," said Sherman Chang (inset, above).

"The game gave me the rare opportunity to step in the shoes of a professional golfer and I had a wonderful time. A big thanks to Audi for organising a fun and well-

planned event," said Eddy Quek (inset, left).

Even though there could only be one winning team at the Singapore event, the organisers made sure every participant had a great day of fun at one of the country's premier golf clubs, offering loads of prizes.

"Audi quattro Cup is all about fun and friendly competition and today was the epitome of that. This tournament brought myAudiworld members together, bonding over entertaining games, good food and great golf. I wish the winners all the best as they represent us at the Audi quattro Cup World Finals," said Audi ambassador and Singapore pro-golfer, Quincy Quek.



tried & tested

SWEDE SENSATION

Sweden's Henrik Stenson is on a roll. The 40-year-old won the British Open Championship in July for his first Major trophy, and then followed that up with a silver medal at the Rio Olympics. To say that the HUGO BOSS ambassador is currently enjoying his golf is an understatement of the highest degree.

Since 2004, HUGO BOSS has been a partner and outfitter of Stenson – Sweden's top player, and currently fourth in the Official World Golf Rankings. Through this time, Stenson's game has seen highs and lows. After a win at The Players Championship in 2009, his game started to unravel and he dropped to a world ranking of 230 in 2012.

But like the long-term loyalty he's shown to his HUGO BOSS sponsorship, Stenson (below) stayed true to himself and his game, and the results began to show.

In 2013 he came in second at the Masters, third at the PGA Championship, and won the Tour Championship en route to winning the FedExCup that year.

The candid Swede – who once took his pants off in a tournament to hit a shot out of the water – hasn't looked back since. With his podium finish at the Olympics, HUGO BOSS' marquee player will undoubtedly look to build on his momentum.



SPORTY STYLE FOR THE EYES

There's some truth to the claim that we are what we wear. And certainly what we put on our faces tell much about who we are.

The bold and confident have no qualms about wearing glasses that make a statement, and the eyewear lines of Karl Phyle Zone should sharpen the cutting edge of anyone putting them on.

Fully adjustable rubber nose pads offer supreme comfort and the high-end build quality enhances the craftsmanship that will please any modern aesthete.

And regardless of the shape of your face, there is a Karl Phyle Zone design to bring the best out in you. If you are of the active set,

then Progear's new active eyewear line may be of interest.

The Progear Optical Collection lets you go from work to play seamlessly, enabling you to enjoy non-contact sports like tennis, yoga, running or cycling with your eyewear on. Other than looking good, the glasses have features that cater to your active disposition including innovative headband interface that secures your frame, and even an integrated earphone cable holder. There are nine frame styles to fit every face shape.

Progear and Kyle Phyle Zone eyewear are available from Spectacle Hut outlets in Singapore.

WELLNESS IN A WATCH

If timeliness is next to godliness, Philip Stein's watches take it a step further to throw wellness into the mix as well. Not only are these elegant watches designed with a plethora of the season's best colours but the brand's timepieces and accessories also possess proprietary Natural Frequency Technology to help de-stress the wearer.

You'll find Swiss precision and high-end finishing in each of Philip Stein's Swiss Signature timepieces.

In addition the unique Natural Frequency Technology in every Philip Stein watch channels natural frequencies towards helping your body achieve a state of mind-body



alignment.

The proprietary technology is the cornerstone of the Philip Stein Horizon Sport Bracelet. The fashion and health-conscious set will be happy with its sleek, elegant design that fits in at the office, the gym, or out on the town.

Available for both men and women, the waterproof bracelet's Natural Frequency Technology is further aimed at helping the wearer's energy levels, balance and overall performance.